

Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services

Kiwi

Kiwi is good for you because: they are an excellent source of Vitamin C, they actually have more Vitamin C per serving than an Orange!

Farm to School ~

China is the world's largest grower of Kiwi outgrowing the second largest grower, Italy, by almost four times the amount of kiwi. Other top growers include New Zealand, Chile and Greece. The United States is actually only the 10th largest grower in the world.

Selection and Storage ~

Choose Kiwis that are plump, large and oval shape. You can tell when a Kiwi is ripe when you can press into it with a small amount of force. You can keep Kiwi at room temperature while it ripens, but once ripe it can be stored in the fridge for up to 2 weeks.

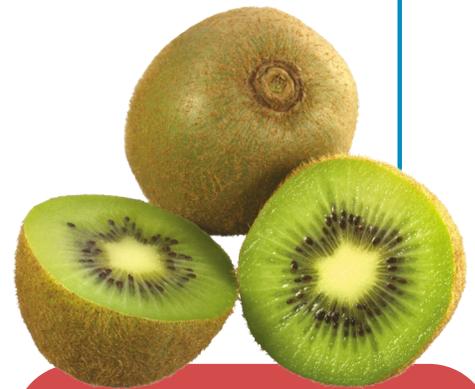
Origin ~ Where did it come from?

Kiwis are actually originally from China and until the 1900s could only be found there. Kiwis were first brought to New Zealand and it wasn't until the 1960s that Kiwis made their way to the United States.

Fun Facts



Kiwis were first called Chinese Gooseberries before a farmer from New Zealand decided to instead name them after the national bird of New Zealand the Kiwi. Kiwis have a fuzzy skin that you can actually eat!



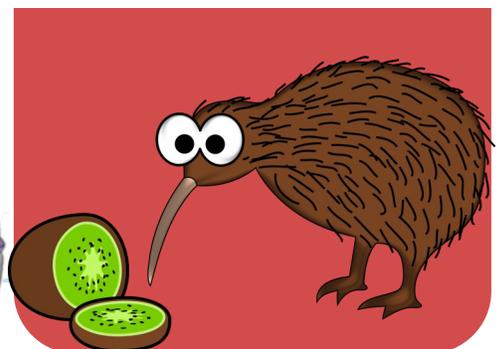
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BIRD
FUZZY
KIWI

CHINA
GOOSEBERRY
NEWZEALAND

FRUIT
GREEN
VITAMIN



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KIWI COLORING



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